

Muffins - ORANGE-CRANBERRY MUFFINS

1 c chopped fresh or frozen cranberries

1/4c sugar

2 t freshly grated orange peel

1 c whole wheat flour

1 c white flour

2 t baking powder

1/4 t salt

1 T oil

2/3 c orange juice

1 orange cut into small chunks w/juice

1 egg beaten with 1 egg white

1/3 c chopped nuts

Preheat oven to 375 degrees. Lightly grease muffin pan if not using teflon or paper cups. Mix cranberries with sugar and orange peel in small bowl and set aside. In large bowl, combine all dry ingredients except nuts. In another bowl blend the egg mixture, oil, orange juice and orange pieces. Pour the egg-orange mixture into the dry ingredients and stir just until moistened. Gently stir in the cranberries and nuts. Pour into prepared muffin pans. Makes 24 mini sized muffins (bake about 12-15 min) or makes 6 Texas size muffins (bake 25 min.) Cool in pan 5 minutes before removing.